

# ADVENTIST HEALTHCARE FIELDHOUSE 2024 ADULT DIVISION

## OFFICIAL BASKETBALL LEAGUE RULES

*League games shall be governed by the NFHS, National Federation of High School rules. The following rules shall precede the NFHS rules if conflict with said rules should arise.*

### Overview

- Two 20-minute halves with a running clock – 3-minute half time
- Each team is allowed 2 time-outs per half – unused TOs do not carry over to 2nd half
- Running clock except for the final 2 minutes of each half
- In the case of a tie at the end of regulation there will be a 3:00 minute overtime with each team being awarded one time-out for the overtime period.

### Beginning the Game

The beginning of the game starts with a jump ball. Possession for all following jump balls are alternate possessions. The start of all overtime periods will begin with a jump ball.

### Team Size

Teams are limited to 12 players on their roster. Each team shall field no more than 5 players on the court at one time. All players must be rostered to play. Players that fail to be listed on the official roster at the start of game will not be permitted to play. Teams that allow ineligible players to play in a game will result in game forfeiture. Official rosters will be locked after the second game and no changes can occur.

- a. Coed teams must have at minimum 1 female player rostered.
- b. During Coed games, minimum of 1 female on the court at all times. A team may begin, continue, and conclude a game with female.

To be eligible for the playoffs, a player must play in a minimum of **four (4)** regular season games.

### Beginning of the Game

A team may start a game with **4 players**. There will be a 5-minute grace period granted to teams with less than 4 players. Teams with less than 4 players after the 5-minute grace period will receive a forfeit. At game time, games will either commence with 4 team members or be recorded as a forfeit in the event less than 4 players are present. The teams' 5<sup>th</sup> player must arrive at the scorer's table by the end of the three-minute halftime period or the team must forfeit the game. **There will be no exceptions to this rule and forfeits will be strictly enforced.**

### Uniforms

Official team jerseys must be worn for each game. Jerseys are not provided by the league. Teams are responsible for providing identical jerseys with numbers for all rostered players. The player will be assessed a technical foul at the start of the game for not wearing official team jersey. The technical foul will count towards the player's personal fouls and the opposing team will receive two shots and the ball. If both teams have player(s) missing a jersey, then both teams will shoot free throws and the game will commence with a jump ball.

Athletic shorts are **required**. No sweats, khakis or jeans permitted.

**NO** jewelry permitted to be worn during games. This **includes** earrings, necklaces, bracelets, and watches.

## **Time**

Each game will consist of two 20-minute halves, running clock, with the exception of the final 2 minutes of each half, when the clock will stop on every whistle. The clock will stop in the first 18 minutes of each half **only** for team time outs or official time outs. The clock **does not** stop for minor injuries, shooting fouls or technical fouls (except in final 2 minutes of half and game). After a time out, the clock will begin to run once the ball is designated “in play” by the referee (either after foul shot or inbound).

Each team is allowed one full (1 minute) and one 30 second time-out each half. Time-outs not used in the first half **do not** carry over into the second half.

Due to the absence of a shot clock, the 5 second closely guarded rule will be in effect.

## **Overtime**

Overtime will consist of 3 minutes running time. Clock will stop in the last minute on all whistles. Each team will be granted an additional full time out to be added to their remaining totals at the end of regulation.

## **Personal/Team Fouls**

Each player is allowed 5 personal fouls. Remember, technical fouls are recorded as personal fouls, as well. The one and one bonus will be in effect beginning with the 7<sup>th</sup> team foul. The 10 team foul, double bonus, two shot rule is in effect.

## **Technical Fouls & Ejections**

Any player assessed 2 technical fouls during the course of a game will be immediately ejected from the game **and** suspended for the team’s next game. To be clear, **ejection equals automatic next game suspension. All suspensions include playoff competition!**

Fighting will result in immediate ejection and **2 (two)** game suspension. Any player involved in an altercation may be suspended for the remainder of league play at the discretion of the league directors.

Full payment must be received by the beginning of the first game. Failure to submit payment on time will result in league banishment. Two forfeits for any team will result in elimination from playoffs.

*Arguing with referees, players or league administrators will not be tolerated.*